BISHOP LUFFA SCHOOL

LEARNING JOURNEY

Food Preparation and Nutrition

KS4 GCSE

Onward and upward to GCSE Food Preparation and Nutrition

YEAR 9

- Using time saving equipment
- Using seasonal foods and costings.
- Seasonal Fruit Tarts
- British and International cuisine
- International dishes
- Planning for a Practical Assessment
- Final Assessment
- Analyses and Evaluate: Step Grade and Self Evaluation
- Gougeres
- Analyse and Evaluate: Reflect on: WWW, EBI and Focus Step
- Knife Skills and using small equipment
- Chocolate Blancmange
- Skills focus – flaky pastry, choux pastry and setting mixtures. Gelatinisation
- Pasta Dough and Tomato Sauce
- Cereals – turning flour into pasta
- Cheese
- Using the temperature probe and microwave oven safely
- Cauliflower Cheese
- Fermentation and caramelisation
- Chelsea Buns
- Sensory evaluation and star profiles. Carry out taste tests
- Analyse and Evaluate: Reflect on: WWW EBI and Focus Step
- Designer Bread Rolls
- Nutritional needs of different groups of people
- Tomato and Basil Tart
- Micronutrients – sauces and functions and how to make flour
- Minestrone soup
- Where do Bacteria come from? Applying the eat well guide
- Analyses and Evaluate: Step Grade and Self Evaluation
- Final Assessment
- Planning for a Practical Assessment
- Savoury Rice
- Food commodities
- Pasta Bake
- Methods of heat transfer and sauce making
- Ginger Biscuits

YEAR 8

- Chemical raising agents
- Analyse and Evaluate: Reflect on: WWW, EBI and Focus Step
- Cheesecake
- Traffic light labelling and allergens
- Samosas
- Food waste and food labelling
- Fish Fingers
- Denaturation and coagulation of protein
- Fritatta
- Food commodities – potatoes and vegetables
- Salad Pot
- Macronutrients – sauces and functions. Recap HATTIE
- Analyses and Evaluate: Step Grade and Self Evaluation
- Final Dish
- Master Chef Award
- Analyse and Evaluate: Refect on: WWW, EBI and Focus Step
- Oaty Fruit Cookies
- Food Science Shortening and aeration
- Baked Falafels
- Food commodities Soya, tofu, beans, nuts and seeds
- Planning for a Practical Assessment
- Scone-based Pizza dough
- How is our food reared, processed and transported
- Mid-point Step Evaluation and Assessment
- Where does our food come from and how is it produced
- Savoury Muffins
- Why do we eat food? The Eatwell Guide
- Analyse and Evaluate: Reflect on: WWW, EBI and Focus Step
- Apple/Fruit Crumble
- Master Chef Award
- Fruit
- Healthy Salad
- Knife Skills and using small equipment
- Analyse and Evaluate: Reflect on: WWW , EBI and Focus Step
- Smoothie
- Using equipment/Skills focus
- Sensory Evaluation Tasting word bank
- Hot Chocolate
- Weighing and Measuring and using the Hob safely
- Food Safety
- Introduction to the Food Room: Preparing for Practical work/Health and safety
- Your first Y7 food lesson: Introduction to Food and Nutrition

YEAR 7

Welcome to Our Kitchen Garden

Be a kitchen gardener at our after school club 'Dig2Dish'

Cooking Club

Welcome to our Kitchen

KS3

Let's get Cooking!